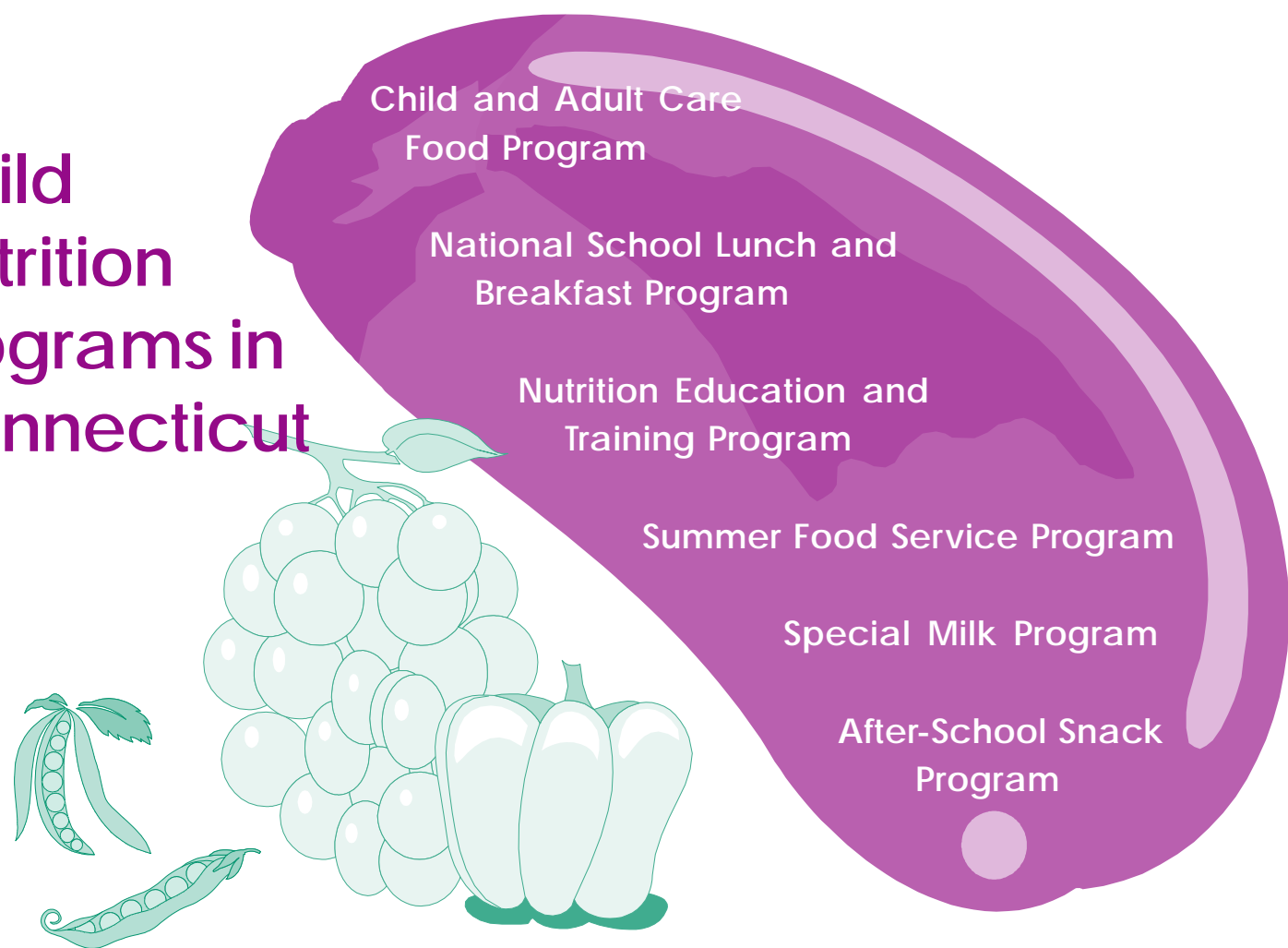


# Child Nutrition Programs in Connecticut



Recognizing the important link between diet, health and cognitive development, the State Department of Education (SDE) supports nutrition programs in a wide variety of settings through the administration of federal grants provided by the U.S. Department of Agriculture (USDA). Funds and regulations related to these programs are administered in collaboration with the Northeast Regional Office of the USDA in Boston. Eligible institutions enter into written agreements with SDE to operate local programs which provide for the nutritional needs of those in their care.

## Child and Adult Care Food Program

This program provides nutritious meals to children (12 years old and under) who participate in public or private nonprofit, nonresidential, licensed child-care centers and day-care homes. Also included are certain children (over 12 years old) with disabilities and elderly adults who participate in approved adult day-care programs.

Day-care centers and family day-care homes receive federal funds for a maximum of two meals and one snack per participant per day. The level of funding for centers is based on the household income of enrolled participants.

All meals and snacks served must meet the requirements of a prescribed USDA meal pattern which establishes the minimum amounts of various foods.

- Organizations that may participate include:
- public and private nonprofit, non-residential day-care centers
  - Head Start centers
  - before- and after-school programs
  - public agencies
  - private nonprofit organizations

## National School Lunch and Breakfast Programs

These programs evolved from the School Lunch Act of 1946. The purpose of the Act was to safeguard the health and welfare of our children and to encourage the consumption of nutritious agricultural commodities. Meals served in these programs provide at least one-third of the Recommended Dietary Allowances (RDA) for various nutrients. Studies have shown that with adequate nourishment throughout the school day, students are more alert and attentive.

Schools that participate in the National School Lunch Program are required to meet nutrient standards established to incorporate the Dietary Guidelines for Americans and provide healthful meals for children. Federal and state reimbursement is available for all meals served based on the individual family's income eligibility status.



Organizations that may participate include:

- public and private nonprofit schools and residential child-care institutions

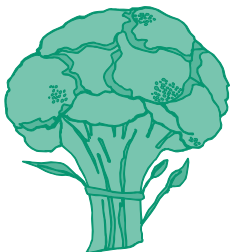
## Nutrition Education and Training Program

This program provides students, parents, teachers (preschool through secondary) and food service personnel (school and child care) with a comprehensive approach to nutrition education and training. The objectives of the program are to:

- teach children the nutritional value of foods and the relationship between food and health;
- instruct educators in sound principles of nutrition education;
- train food service personnel in nutrition and food service management and encourage the use of the cafeteria or child-care eating area as an environment for learning about food and nutrition; and
- develop and use appropriate nutrition materials and curriculums for children, teachers and food service personnel.

Organizations that may participate include:

- public and private nonprofit schools and child-care institutions

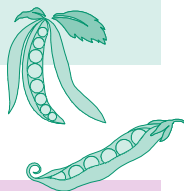


## Summer Food Service Program

This program provides nutritious meals to children when school is not in session. Children must be 18 years of age or younger to participate. Certain persons with disabilities who are over 18 may also participate.

Meals are available at no cost to children attending a program at an eligible site. Sites must meet specific criteria and, except for residential and nonresidential camps, reimbursement is provided for meals served to all attending children. Residential and nonresidential camps are reimbursed for only those meals served to children eligible to receive free or reduced-price lunches at school.

Organizations that serve areas with great economic need are encouraged to apply. Breakfast, lunch, dinner and a snack may be served and must meet the requirements of a prescribed USDA meal pattern.



Organizations that may participate include:

- towns
- private nonprofit organizations
- boards of education
- public or private nonprofit residential summer camps
- private or nonprofit colleges or universities that participate in the National Youth Sports Program

## Special Milk Program

This program encourages children to drink milk. It provides reimbursement for milk served to children in public and private nonprofit schools and in nonprofit residential or nonresidential child-care institutions (provided they do not also participate in other federal meal service programs). Children in split-session pre-kindergarten and kindergarten programs are also eligible.

Organizations that may participate include:

- public and private nonprofit schools and nonprofit residential or non-residential child-care institutions

## After-School Snack Program

This program provides nutritious snacks to children enrolled in educational or enrichment programs offered after the regular school day. After-school snacks give children a nutritional boost and draw them into supervised activities that are safe, fun and filled with learning opportunities.

Organizations that may participate include:

- public and private nonprofit schools and organizations in areas of high economic need that offer after-school programs